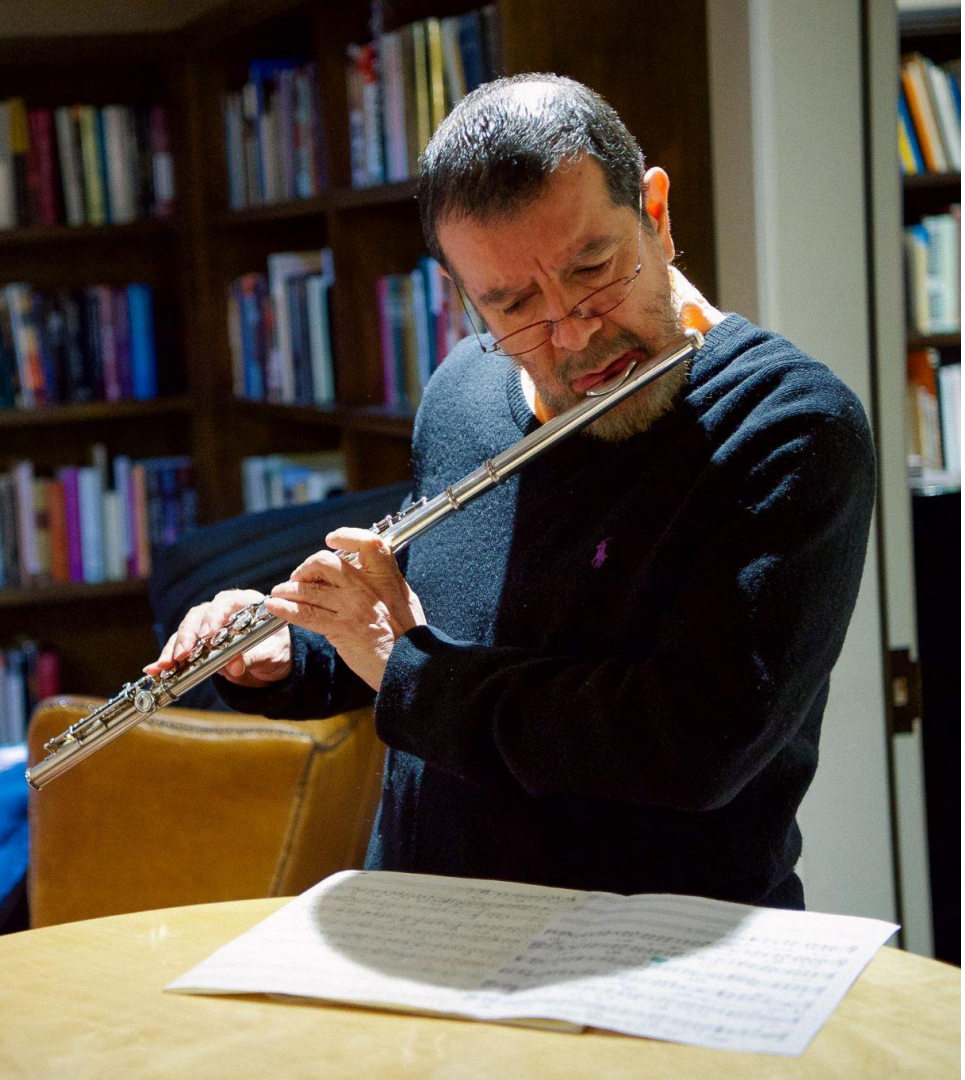
Welcome Maine Arts and Community Organizations!!

As you come in, add your voice to the public chat:

+ Name
+ Organization
+ Location
+ Something beautiful you can see out your window or in your space

Please have paper or a notebook and pen available

Lifetime Arts



Creative Aging Training for Arts and Community Organizations

Maine Arts Commission

Day One: Monday, March 7, 2022

Lifetime Arts

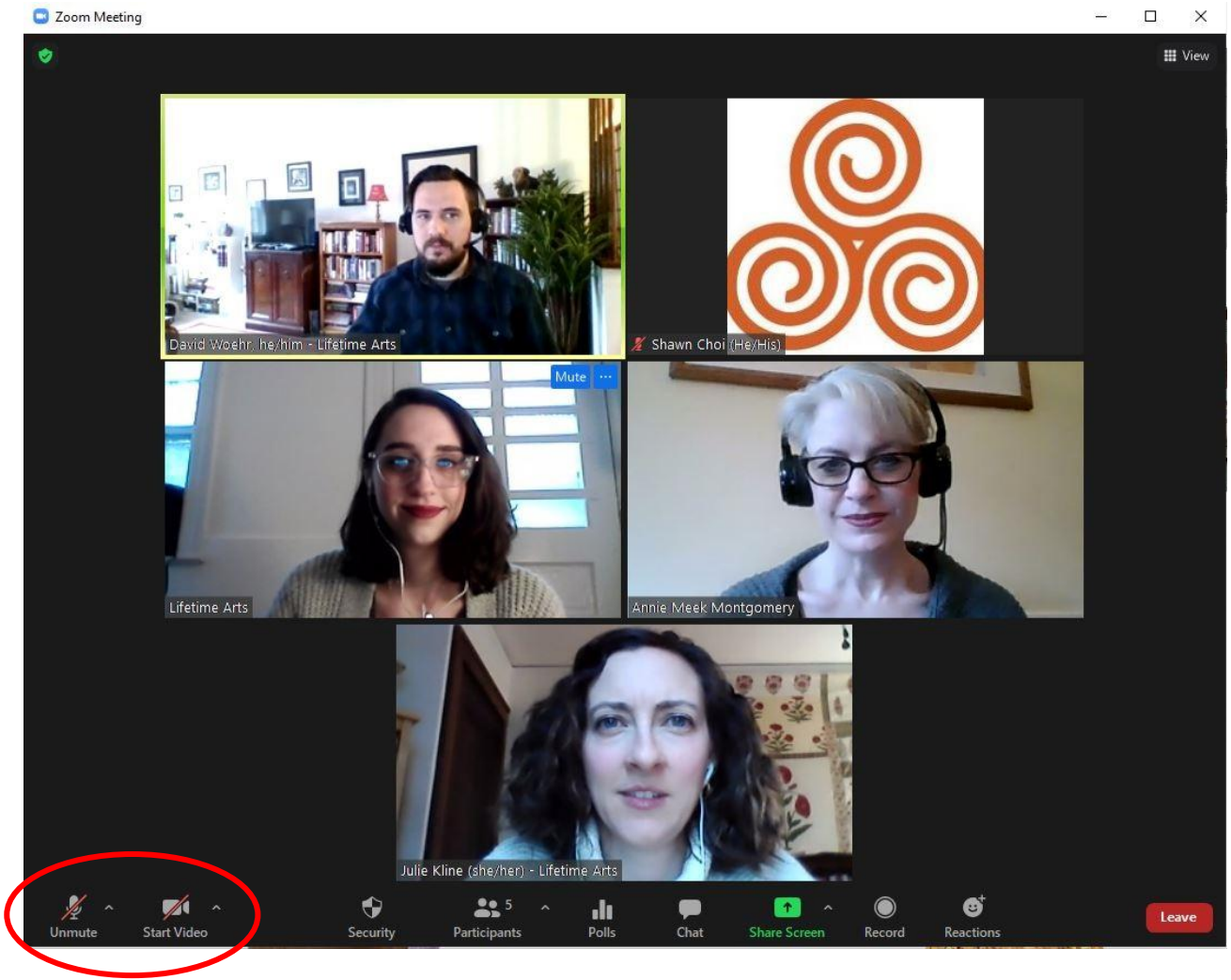
You are viewing Antonia-Lifetime ...'s screen

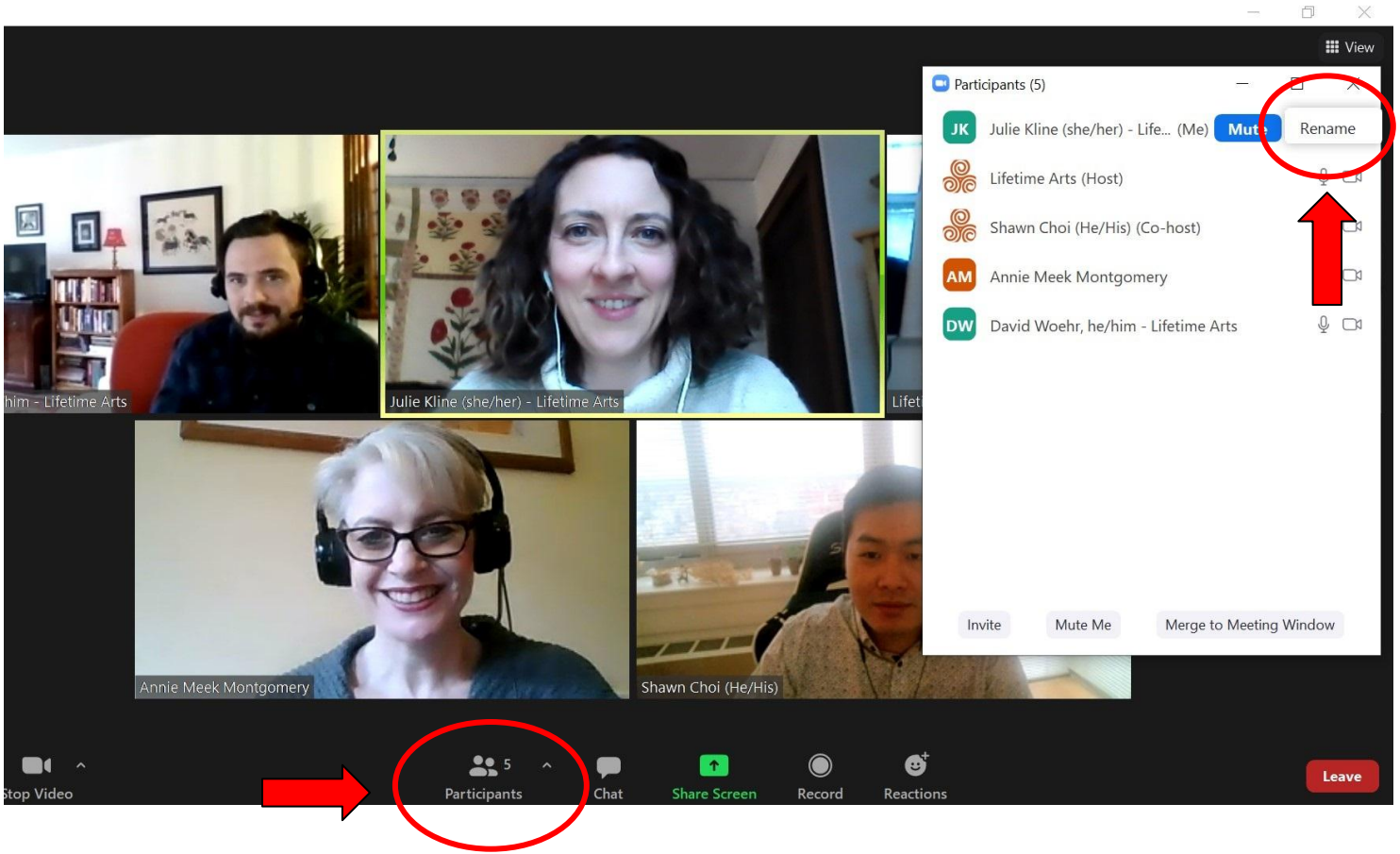
View Options

Mastery & Social Er

Through these creative aging
adults can learn something ne
in-depth—and make friends in

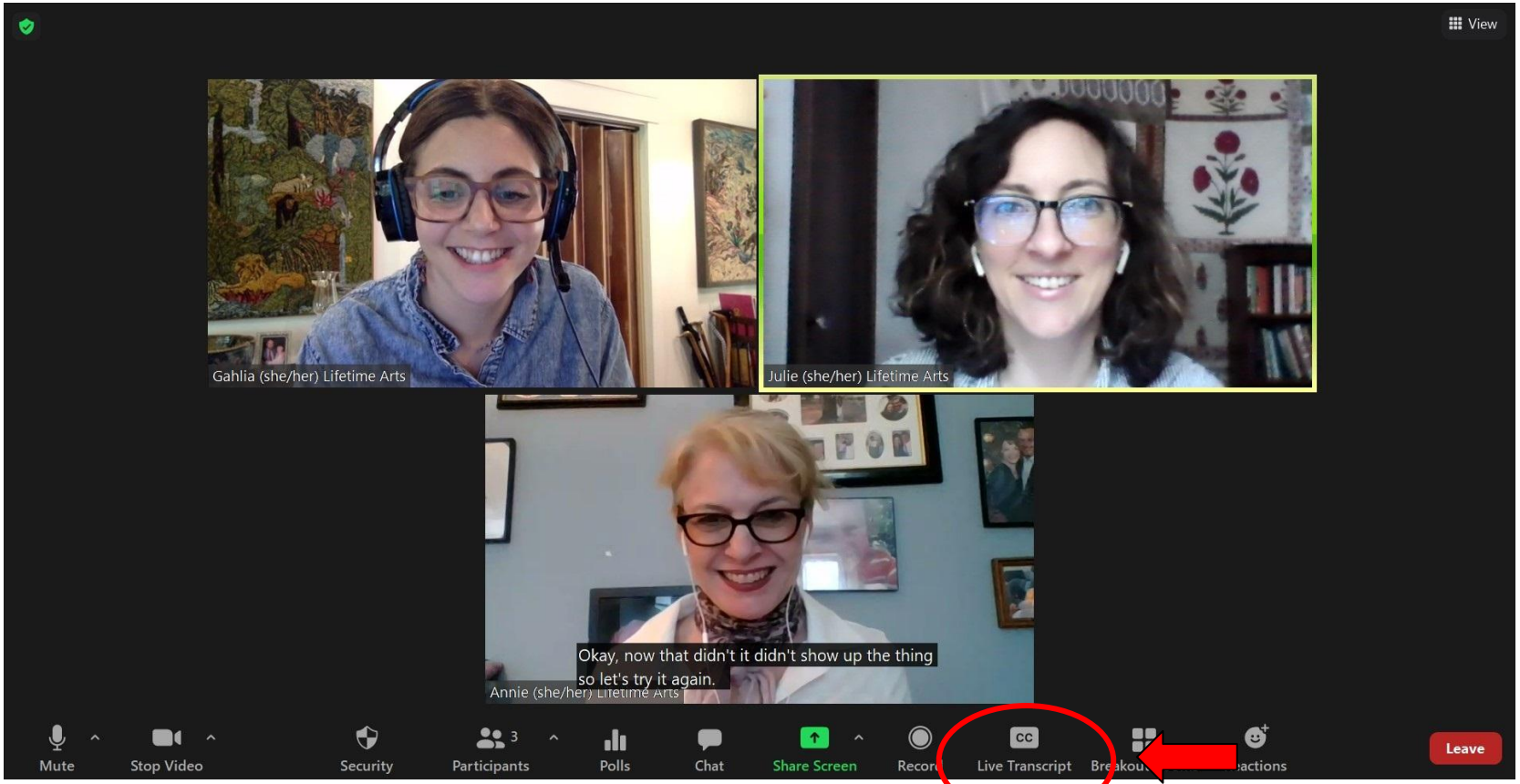
You can **mute/unmute** and/or **start/stop** your video by clicking the two icons in the bottom left of your screen.



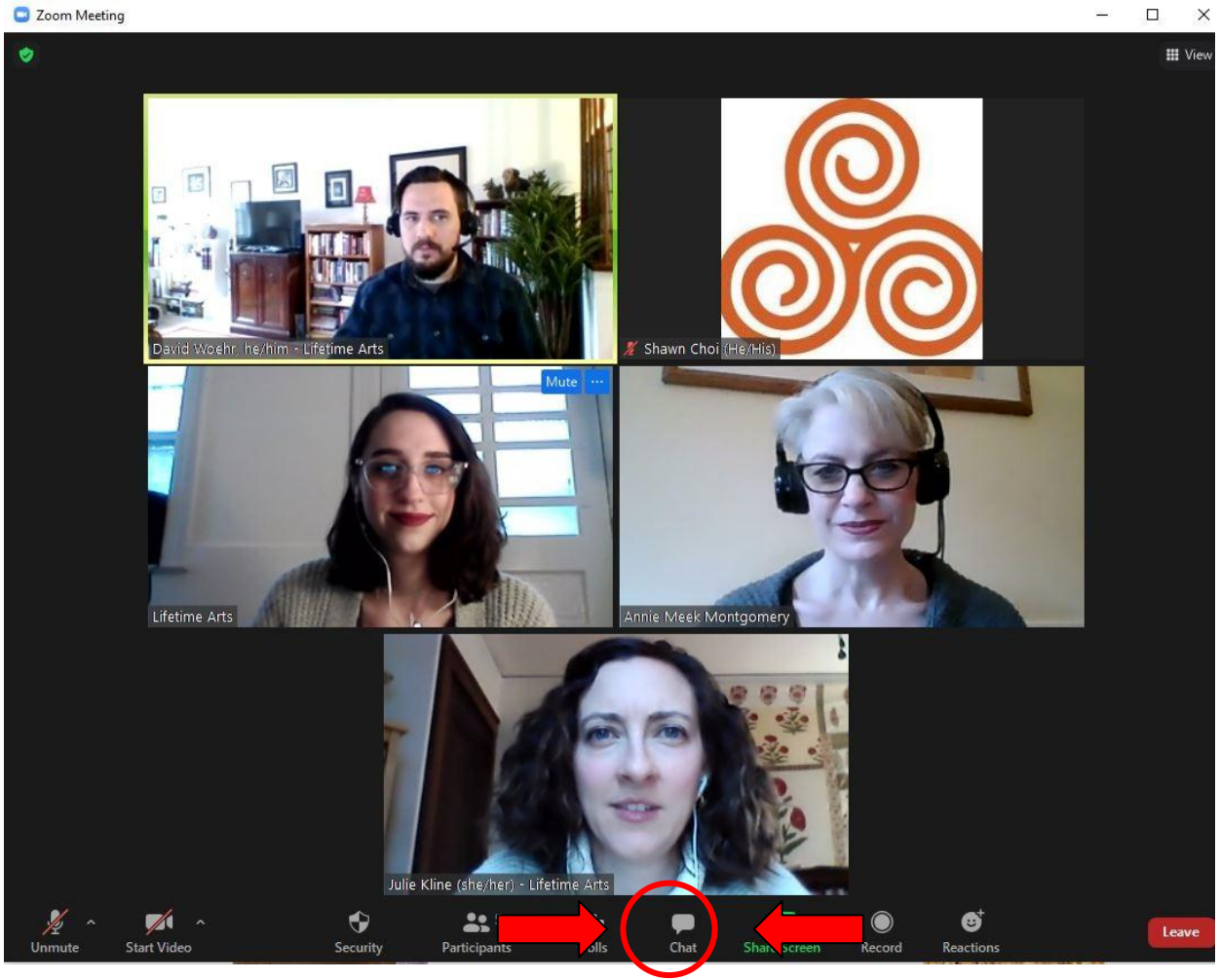


Then, click the "**Rename**" button in the participants tab.

To rename yourself, click the "**Participants**" icon at the bottom of your screen.



Click the **“CC”** button above for live transcripts.



If you have questions, please click the “**Chat**” icon at the bottom of your screen.

Lifetime Arts Portal

Access Creative Aging Training, Coaching, & Consulting Services

Training for Maine Arts & Community Organizations

0% COMPLETE 0/0 Steps

Monday, March 7 – Wednesday March 9, 2022 from 1 – 3 pm ET

Welcome Arts & Community Organizations! We are thrilled to have this opportunity to work with you as part of the Maine Arts Commission **"Creative Aging Program Expansion"** initiative made possible by a grant provided by the National Assembly of State Arts Agencies in partnership with Aroha Philanthropies.

We are looking forward to meeting you. We have a lot to cover over the three sessions, so please plan to join each day on time.

What you need to know:

- Please use the Zoom link below to join all three days of training
- We have specified some light, yet key pre-work for each session
- All presentation decks will be made available for your convenience

JOIN TRAINING VIA ZOOM

DAY 1 | DAY 2 | DAY 3

TRAINING DESCRIPTION | TRAINER BIOS | PARTICIPATION GUIDELINES
COMMUNITY AGREEMENTS
POST-TRAINING RESOURCES | EVALUATION SURVEY | PARTICIPATING ON ZOOM

Community Agreements

+ Be present
+ Limit distractions in your learning space
+ Take care of yourself
+ Hold space for one another
+ Share only what you feel comfortable sharing
+ Sharing will be anonymous

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Introductions

Julie Kline
Director of Professional Development and Training

Rhynna M. Santos
Lifetime Arts Trainer

Maine Arts Commission

Lifetime Arts

Founded in 2008

A nonprofit arts service organization that offers a positive,modern, artistic and social lens through which to serve, inspire and engage America’s growing population of older adults.

Goals and Agenda

Be prepared in all aspects of designing and implementing a creative aging program.

Agenda:

+ Ageism exploration
+ Break
+ Creative aging arts education model
+ Break
+ Older adult learners and S.A.F.E. planning
+ Q&A and wrap-up

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Ageism Workshop

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Check in With Yourself

What age do you feel like on the inside today?

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Ageism Defined

From the Merriam-Webster dictionary:

“Prejudice or discrimination against a particular age-group and especially the elderly.”

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Ashton Applewhite

+ Author of “This Chair Rocks: A Manifesto Against Ageism”
+ Spokesperson for a movement to mobilize against discrimination on the basis of age
+ PBS Next Avenue Influencer of the Year in 2016

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Breakout Group Discussion Topics

- What is something new from Ashton's video that you hadn't thought of before?
- Where have you seen ageism in your life?

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Share Out

Break

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The Creative Aging Program Model

Why is Everybody Talking About Aging?

By the year 2030:

+ 71.5 million or 20% of the U.S. population will be aged 65+
+ Number of people aged 85+ will **DOUBLE**

(U.S. Census Bureau, 2017)

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Equity and Older Adults

- In 2010, people of color made up 20 percent of the nation's total 65+ population
  - This percent will **double** by 2050

(Espinoza, n.d.)

What is Creative Aging?

Arts education for older adults.

Using the arts to improve the quality of life for older adults through creative expression and social engagement.

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Creative Aging Areas of Practice

Arts Education Programs

+ Goals are:
  - Instructional
  - Sequential skill-building
  - Art creation

+ Participants **self-select** to participate

Therapeutic Programs

+ Goals include:
  - Wellness
  - Recovery
  - Rehabilitation

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The Creativity and Aging Study

- Led by Dr. Gene Cohen at George Washington University in 2006
- Took place over 3 years
- Conducted in NYC (Brooklyn), Los Angeles & Washington, DC
- Age range: 65-103 years old
    - **Control group**—participated in usual activities
    - **Intervention group**—participated in professionally conducted arts programs

(Cohen, 2006)

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The Creativity and Aging Study

Results:

+ Less medication
+ Fewer doctor visits
+ Elevated mood
+ More independent functioning
+ Less depression, loneliness
+ More activities

(Cohen, 2006)

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Mastery & Social Engagement

Through these creative aging elements, older adults can **learn something new**—or more in-depth–and **make friends** in the process.

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Creative Aging Arts Education Components

A creative aging program:

+ Is an art class (visual, performing, literary or music)
+ Is taught by a professional teaching artist
+ Has at least 8 sessions that are at least 90 minutes in length
+ Includes skill-building and sequential learning
+ Has a planned culminating event

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Best Practices in Creative Aging

+ The goal is to have at least 10 participants in each class
+ Registration is required
+ Class can be free or fee-based
+ Participants should be encouraged to come **every week**

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Adaptations for Remote Delivery

- **Number of sessions**
  - In-person: 8 sessions
  - Virtual: 4-6 synchronous sessions
- **Session duration**
  - In-person: 90 minutes
  - Virtual: 45-65 minutes
- **Class size**
  - In-person: 10 people minimum
  - Virtual: Manageable teacher-to-student ratio

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The Culminating Event

+ Honors the work of the participants
+ Has a clear vision
+ Is appropriate & participant driven
+ Encourages visibility & voice
+ Builds opportunity for social engagement with larger community
+ Encourages sustainability

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art.kunstmatrix.com

20/20/20 Break

Older Adult Learners and S.A.F.E Planning & Practice

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What's Different About Adult Learners?

Adults:

+ Are autonomous and self directed
+ Have a lifetime of experience and knowledge
+ Are goal-oriented
+ Are practical—they want information

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Natural Physical Changes During Aging

Potential Physical Change	Potential Result
Nervous system slows down	Balance problems & slower reflexes
Muscle & lung tissue changes	Decreased lung efficiency
Sensory losses	Vision & hearing loss
Bone loss	Decreased strength, speed & endurance
More medications	More adverse side effects
Changes in sexual function	The capacity for sexual activity & response is retained well into old age

Problem: Social Isolation

- Can shorten a person's life expectancy by 15 years
- Associated with about a 50% increased risk of dementia and other serious medical conditions
- Higher rates of mental health issues
- Increased for immigrants, LGBTQIA+, BIPOC older adults

Social and Emotional Changes

The natural process of aging can cause:

+ Financial worries
+ Loneliness and social isolation
+ The “re-wirement” phase—a time where older adults rethink their hobbies and interests

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What Have You Dreamed About Learning?

S.A.F.E Planning Components

+ **S**kills
+ **A**ssessment
+ **F**eedback
+ **E**ngage Socially

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Skills

Schedule classes in a sequence and plan each lesson to ensure that one artmaking skill builds to the next.

Assessment

Continually evaluate each student's process and progress and tailor instruction to match the expressed needs of each learner.

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Feedback

Provide opportunities for students to talk about their work and the process of the artmaking and learning.

Engage

Tie intentional social engagement opportunities to the artmaking.

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Q&A Session

Homework

Via the Lifetime Arts Service Portal:

+ Review the resources below:
    - SAFE Planning Design Elements for Creative Aging Programs Guide
    - Adapting Creative Aging Course Design for Remote Delivery Guide
+ Watch Aroha's Film: "Creative Aging: In-Person to Online"
+ Browse our *Connect Through Creativity Now* Campaign Blog Posts

Creative Aging Online Demo Classes

Please have the following:

+ Storytelling
+ For Digital Photography:
    - Have with you a photo you are OK with sharing:
        - Digital photo on smartphone or computer;
        - Or a physical photo

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Resources

Cohen, Gene. (2006, April). The Creativity and Aging Study: The Impact of Professionally Conducted Cultural Programs on Older Adults, Final Report. Retrieved from https://creativeagingresource.org/resource/the-creativity-and-aging-study-the-impact-of-professionally-conducted-cultural-programs-final-report/

U.S. Census Bureau. (2017). 2017 National Population Projections Tables: Main Series. Retrieved from https://www.census.gov/data/tables/2017/demo/popproj/2017-summary-tables.html

Stanford Center on Longevity's "New Map of Life": https://www.nytimes.com/2021/11/23/business/dealbook/living-longer-lives.html

Espinoza, Robert. (n.d.). *Meeting the needs of elders of color and LGBT elders.* Grantmakers in Aging. Retrieved from https://www.giaging.org/issues/diverse-elders/

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Media Credits

- Pasadena Conservatory of Music, Pasadena, CA; Credit: Pasadena Conservatory of Music (Slide 2)
- Spring Creek Senior Partners, Brooklyn, NY; Credit: Jeremy Amar (Slides 9 & 23)
- Pullen Arts Center, Raleigh, NC; Credit: Pullen Arts Center (Slides 11, 18, 21 & 40)
- Jamaica Plain Branch, Boston, MA; Credit: Shannon McDonough (Slide 12 top left)
- Queens Library, Queens, NY; Credit: Queens Library (Slide 12 top right)
- Jewish Community Center, Staten Island, NY; Credit: Jeremy Amar for The New York Community Trust (Slide 12 bottom)

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- Casket Arts Building, Minneapolis, MN; Credit: Casket Arts Building (Slide 14)
- Newtown Italian Neighborhood Senior Center, Queens, NY; Credit: Jeremy Amar for The New York Community Trust (Slides 19 & 44)
- Queens Library, Queens, NY; Credit: Queens Library (Slide 20)
- Boston Public Library, Boston, MA; Credit: Boston Public Library (Slide 24)
- Louisiana State Museum, New Orleans, LA; Credit: Louisiana State Museum (Slide 28)
- Newtown Italian Neighborhood Senior Center, Queens, NY; Credit: Jeremy Amar for The New York Community Trust (Slide 32 top left)

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- Pasadena Conservatory of Music, Pasadena, CA; Credit: Pasadena Conservatory of Music (Slide 32 top right)
- Minnesota Opera, Minnesota, MN; Credit: Minnesota Opera (Slide 32 bottom)
- Museo de Historia, Antropología y Arte, San Juan, PR; Credit: Lisa Ortega-Pol (slide 33)
- Cuyahoga County Public Libraries, Cuyahoga County, Ohio; Credit: Cuyahoga County Public Library (Slide 34)

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- Diana H. Jones Innovative Senior Center, Brooklyn, NY; Credit: Julia Xanthos Liddy for The New York Community Trust (Slide 35)
- CDC Loneliness and Social Isolation Linked to Serious Health Conditions (Slide 38)
- Fleisher Art Memorial, Philadelphia, PA; Credit: Fleisher Art Memorial (Slide 42)
- The Neon Museum, Las Vegas, NV; Credit: The Neon Museum (Slide 43)
- Marine Park, Brooklyn NY; Credit: Jeremy Amar for The New York Community Trust (Slide 45)
- Washington County Library Consortium, Beaverton, OR; Credit: Washington County Library Consortium (Slide 46)

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